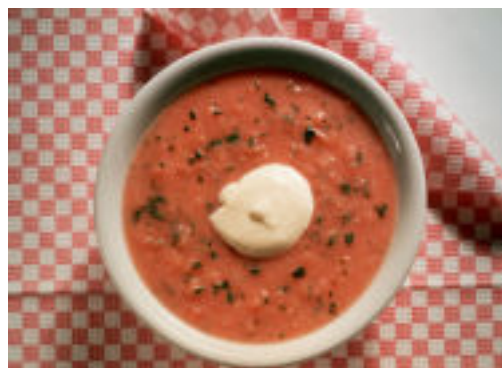


Gazpacho

This classic chilled tomato soup is chock full of garden-fresh vegetables, cholesterol-free, and made with very little added oil.

Ingredients:

- 4 cups tomato juice*
- ½ medium onion, peeled and coarsely chopped
- 1 small green pepper, peeled, cored, seeded, and coarsely chopped
- 1 small cucumber, peeled, pared, seeded, and coarsely chopped
- ½ tsp Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- 1/8 tsp cayenne pepper
- ¼ tsp black pepper
- 2 Tbsp olive oil
- 1 large tomato, finely diced
- 2 Tbsp minced chives or scallion tops
- 1 lemon, cut into 6 wedges



Directions:

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges into the blender.
2. Purée.
3. Slowly add the remaining 2 cups of tomato juice to puréed mixture. Add diced tomato.
4. Chill.
5. Serve icy cold in individual bowls garnished with minced chives and lemon wedges.

Yield: 6 servings

Serving size: 1 cup

Each serving provides:

Calories: 87

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 593 mg*

*To cut back on sodium, try low-sodium tomato juice.

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/gazpacho.htm>